

weightwatchers weekly

May 28-June 3, 2017

A woman with dark, curly hair is smiling and looking towards the camera while riding a bicycle. She is wearing a white tank top, a red scarf, and a denim jacket. The background is a blurred green field under a blue sky.

Value Yourself
(no matter what
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The number on the scale doesn't define you. It's one of the many factors that describe you (like eye or hair color). Put simply, it means that your self-worth shouldn't be connected to how much you weigh. There are so many reasons to value who you are.

How it helps: Recognizing and appreciating yourself as a complex, interesting, and loving person—rather than only as an “overweight” person—can have amazing physical and emotional payoffs. People with a healthy self-esteem are more likely to take better care of their bodies, adopting healthy behaviors and engaging less in

unhealthy behaviors like overeating. When your self-esteem is high, you're also more likely to have a better body image—which in turn can boost your ability to lose weight. Ultimately, feeling good about yourself now can make it easier for you to lose going forward.

Before I step on a scale, I remind myself: “The scale can tell me a lot of things but it does not determine my self-worth.”



AMANDA

Cover photo by Stocksy.

WHAT TO DO: SEE YOURSELF THROUGH LOVING EYES

You might think that criticizing yourself and being hard on yourself helps, but it hurts—and makes the journey harder. Improving your self-worth can be as simple as seeing yourself the way a friend or relative might—with love and appreciation, rather than criticism and judgment. Find a quiet spot to sit and reflect, grab a pen and paper, and try it for yourself.

THINK about someone in your life who cares about you: a friend or relative, spouse or significant other.

FOCUS on that person for a minute and describe them in words or pictures: What do they look like? Height? Eye color? Hair? Do they smile a lot? Do they have a soft or loud voice? How would you describe their personality?

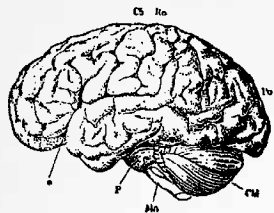
CONSIDER what makes this person special to you. Does thinking of this person make you happy? Excited? Loving? How do they make you feel?

IMAGINE that *you* are this person who loves you, and start to see yourself through their eyes. What do you like about this person you see? Write down thoughts, feelings, and behaviors you love about yourself.

COME BACK to yourself and read what you wrote. Notice the growing appreciation you feel for yourself.

THIS WEEK'S FOLLOW-UP

Complete this activity at least once this week. After doing the activity, notice how you feel.



THINK AGAIN

Letting your weight define you can get in the way of your happiness and well-being. Do a reality check to rekindle feelings of self-worth that aren't based on your size.

UNHELPFUL

"I'll never be happy until I reach my weight goal."



HELPFUL

"I'm happy right now—even if I haven't hit a certain number on the scale yet. I feel good, I'm eating healthy, I'm moving more, and I'm a good person."

UNHELPFUL

"I can't show my body on the beach until I've reached my goal."



HELPFUL

"I can go to the beach, I can wear what I like—and I can have fun with friends and family, no matter what I weigh. I'm not waiting until the scale shows a certain number to do it!"

YOUR TURN! What **unhelpful** thought have you had about your weight recently? Write it here. Give it a reality check, then write your **helpful** thought here.

UNHELPFUL



HELPFUL

Illustration by Deborah DeLue

Cut out and take this visual guide with you for on-the-go inspiration!





From weightwatchers.com

[EASY SIDE]

WHEAT BERRY SALAD WITH TOMATOES AND OLIVES

A nutty, tangy swap for pasta salad.

5 SmartPoints® VALUE PER SERVING // PREP 10 MIN // COOK 1 HR // SERVES 6

- 1½ cups wheat berries, soaked in water overnight**
- ½ tsp table salt**
- 1½ cups seeded, chopped fresh tomatoes**
- 8 large kalamata olives, pitted and coarsely chopped (about ¼ cup)**
- ¼ cup low-fat balsamic vinaigrette dressing**
- ¼ cup fresh chopped mint leaves**

Drain and rinse wheat berries; place in a medium-size saucepan and cover with several inches of water. Add salt; bring to a boil. Simmer, partially covered, until wheat berries are tender, about 1 hour; drain completely. Spoon wheat berries into a serving bowl and add remaining ingredients; stir to coat. Serve warm, at room temperature, or chilled. Yields about ¾ cup per serving.

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ADVERTISEMENT

94% Fat Free Popcorn or Cake? Now you can enjoy both!!

CAKE BATTER POPCORN

- 1 bag popped, JOLLY TIME Healthy Pop Kettle Corn 100 Calorie Bag
- 1-1/2 tbsp cashew butter
- 1 tsp coconut oil
- 1/4 tsp vanilla
- 1/8 tsp almond extract
- 2 tbsp sprinkles

Pop popcorn per instructions, remove any unpopped kernels. In separate bowl, melt cashew butter with coconut oil. Stir in vanilla and extract. Spread popcorn on a lined baking sheet and drizzle on the butter mixture. Gently mix the popcorn to coat and add the sprinkles. Makes four 1-1/4 cup servings



Recipe and image compliments of Well Floured

